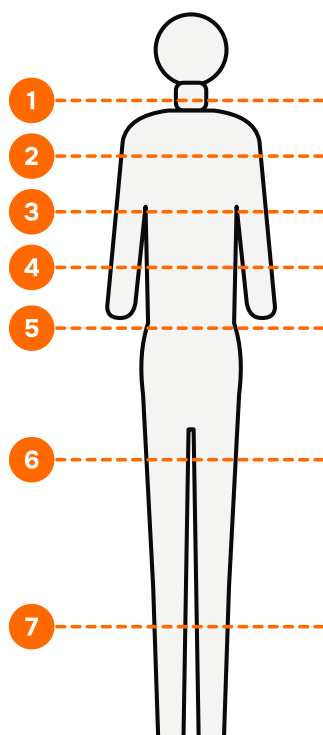


7 TAPE SITES, ONE TAPE

Where to take **body measurements**

Measure the same sites the same way every time. Pick the landmarks below, mark them with a pen if you like, and keep them for the whole 12 weeks.

TAPE	READINGS PER SITE	TAPE POSITION	RE-MEASURE
Flexible, non-stretch	3, take the mean	Snug, level, flat	Same time, weekly



Use your non-dominant side for arm, thigh and calf.

- 1 Neck** MRC
Halfway between collarbone and chin, at the larynx, eyes forward.
- 2 Chest** MRC
Level of the middle of the breastbone, tape under the arms, arms relaxed, end of a normal breath out.
- 3 Upper arm** MRC, NHANES
Midpoint between the shoulder bone (acromion) and the point of the elbow, arm hanging relaxed.
- 4 Waist** NHANES, WHO
Pick one landmark and keep it: just above the hip bone (NHANES), or the midpoint of lowest rib and hip bone (WHO). End of a normal breath out.
- 5 Hips** NHANES
Widest part of the buttocks, tape level with the floor.
- 6 Mid-thigh** MRC
Midpoint between the groin crease and the top of the kneecap.
- 7 Calf** MRC
Widest part of the calf, standing, weight even on both feet.

1 Habits that keep it comparable

- ☐ Same time of day, ideally fasted, before training
- ☐ Stand relaxed, weight even, do not flex
- ☐ Read at the end of a normal breath out (waist, chest)
- ☐ Light clothing or bare skin, no thick layers
- ☐ Tape level with the floor, snug but not squeezing
- ☐ Write the date and the waist landmark you chose

12 WEEKS

Body measurement chart

Fill in the start column on day one, then one column a week. Write all sites in the same unit.

Change = latest minus start.

NAME	START DATE	UNIT (CM OR IN)	WAIST LANDMARK USED

START WAIST 	LATEST WAIST 	WAIST CHANGE 	WAIST / HEIGHT /
----------------------	-----------------------	-----------------------	---------------------------------

SITE	START	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12	CHANGE
Example: waist	86.0	85.5	85.0	84.6										-1.4
Date														
Weight														
Neck														
Chest														
Upper arm														
Waist														
Hips														
Mid-thigh														
Calf														

The shaded top row is an example (waist in cm). Ignore it. Waist divided by height gives your waist to height ratio, using the same unit for both.

What changed besides the tape?

Progress photos, weight trend, how clothes fit

Repeated readings differ a little even when you are careful, which is why you take three. Judge the trend over 3 to 4 weeks, not one number. Waist circumference of more than 35 inches for women or 40 inches for men is flagged as a risk by NHLBI. Not medical advice: speak to a doctor about health risks.